**The Insider Secret To Peak Performance: Master Your Inner Game**

Identify and overcome your barriers to better performance.

1-What do you want to accomplish? Example: “I want to consistently make field goals under pressure” or “I want to feel confident I can return to play at a high level following this injury”. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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What part of this goal seems unreachable and why? There is likely a limiting belief hiding here. Example: “I can’t kick consistently because…. I always choke when the game is on the line”. “ I might not know…. when I’ll be ready to return to the game without risk of re-injury”. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2- What is the feeling associated with your limiting belief from the previous answer?

Example: “I’m disappointed with myself for letting my coach and teammates down when they most count on me”. “I’m afraid my teammates will think I’m soft if I don’t return to the game asap”.

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3- Recognize your mind-set, the inner critic, in the moment of error, disappointment or fear.

Example: “I have primarily one role on the team and I can’t even do that right; I’m such a loser.” “ My teammates are going to distrust me to step up as a team- player.”

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The great thing about EFT is it can help you move into a new, more positive mental image of yourself.

You’ll see yourself claiming that image and empowered in your ability to reach your goal.

To explore how EFT might help you reach your goals, please contact me for a complimentary 20-minute phone consultation.

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